



St Louis
Home Care

Home Care News

July / August 2020

Adelaide Home Care Social Programs

South Australia is leading the way in keeping covid away which means that we are starting to be able to venture further afield with our bus trips.

While in lockdown, I received an offer from Pembroke School for some of their boarders to correspond with our clients during the Covid lockdown. This was followed through and nine of our clients received and returned letters. Some have received their second letter and it has been very well received.

I've just found out that Monarto Zoo has just re-opened and I'm hoping that many other places will start following suit. As the weather fines up, we will definitely book in some fun places to visit once again. Last month we started up our art therapy class again which was lovely. We have all missed seeing each other and creating some wonderful "art".

This month we are excited to get back to near-normal day trips and also announce our chair exercise class. One of our wonderful care workers has trained in providing some exercises done in the comfort of a chair. Please contact me if you're curious to come and try. We all know how important it is to stay active so the joints don't seize up. It's also a great reason to come together and make some new friends.

Another activity that help stop the joints by seizing up is swimming. We've had care workers who have assisted clients by going in the water with them. The water and changerooms are lovely and warm. The positive feedback we have had from clients



who haven't been in the water for many years has been overwhelming. They are experiencing great relief from pain and they also comment on the feeling of freedom from being able to move freely in the water. We have recently welcomed Joe the physio into the St Louis team and he is very keen to help our clients back into the water to keep active.

Pat at Art Therapy



Lastly, I personally have a new addition to my family. Her name is Winnie and she is a 15 week old toy poodle. I'm currently training her and my intention is for her to have short visits with people who need cuddles from a furry friend. She is such a sweetheart and brightens the day of people she meets. So far I've been able to teach her to sometimes sit and to sometimes chase the ball and sometimes she will even bring it back! If you would like to meet Winnie, give me a call in the office and I'd be delighted to bring her to meet you.

Sarah Rankin, St Louis Adelaide

Outings on the bus still have a maximum of 4 clients so please be quick to avoid disappointment.

St Louis Home Care Adelaide Metro and Hills
11 Dudley Road, Marryatville SA 5068 (08) 8332 0950

St Louis Home Care Victor Harbor and Fleurieu
31 Victoria Street, Victor Harbor SA 5211 (08) 8552 1481

www.stlouisagedcare.com.au

AGED RIGHTS ADVOCACY SERVICE (Inc)
(08) 8232 5377 email: aras@agedrights.asn.au

AGED CARE QUALITY AND SAFETY COMMISSION
1800 951 822 www.agedcarequality.gov.au



Celebrating diversity



St Louis
Home Care

Home Care News

July / August 2020

Victor Harbor Home Care Social Programs

To all our wonderful Fleurieu clients.

It has been a long road back to our regular social programs, however as you may be aware, we are slowly restarting our bus trips as the restrictions are lifting. In July and August we will be offering shorter 4 hour trips, with four to six people on the bus. Hopefully, by September it will be full steam ahead!

We are very excited to be inviting you all to participate in Art Therapy classes at St Louis on Sea, Victor Harbor. Please call Lisa in the office to let us know if you would like to come along. The amazing ocean views at St Louis on Sea combined with art will be a wonderful and rewarding process. At this stage we are hoping for two classes per month.

Over the past two months, many clients have enjoyed 1+1 social outings with our wonderful carers. We have been exploring the Fleurieu, searching for whales, eating our favourite bakery goodies and enjoying a coffee at Horseshoe Bay. These outings occurred as the restrictions began to lift with many clients saying that it was great to be out of the house, to see the ocean and have a chat!

Our photo of Patsy and Len highlights the magic of watching the waves roll by after a long time spend at home.

We hope you are all going ok. Please feel free to call us at any time if you would like further social or mental health support. If your funding permits we can provide further social 1+1 outings.

Thank you to everyone who has returned the social activity suggestion form. We will do our best to implement as many suggestions as possible over the next few months.

Best wishes, Lisa and the Victor Harbor team



Patsy and Len

FriendLine

Considering the challenging times that the world has recently been facing, St Louis Home Care felt it was necessary to have a laugh, boost morale and focus on the importance of connectivity during isolation. On Thursday 4th July participants in our Adelaide and Victor Harbor offices donned their pyjamas as a fundraiser for charity. The day took on a sense of excitement, some apprehension particularly those of us who drove to work in their pyjamas and a lot of laughs.

We partook in a shared lunch and started conversations around the importance of reconnecting as COVID restrictions begin to lessen. We chose to donate our raised funds to FriendLine which is a volunteer driven non-for-profit Australian service joining the fight against loneliness.

FriendLine is for anyone who needs to reconnect or just wants to chat with a friend on any topics. All conversations with FriendLine are casual and anonymous and the friendly volunteers are ready to talk about anything and everything.

We would like to encourage anyone who feels that they could benefit from a phone chat and building social connections to reach out and call 1800 424 287 or online at www.friendline.org.au.

Caitlin Watson Community Client Services Manager



Our Victor and Adelaide staff

Comments and complaints Feedback: If you have any feedback positive or negative, please don't hesitate to let us know. St Louis Aged Care, 21 Foster Street, Parkside SA 5063. Thank you



Celebrating diversity



St Louis
Aged Care

St Louis Newsletter

July / August 2020

Nursing Home Social Program News

Hi all, I would like to say thank you to everyone for your understanding and being so patient with me booking times for you to visit.

Things are starting to ease up with residents now allowed to go out with you and I'm hoping to get some bus trips up and running again soon.

We have been doing our own church service with the help of You Tube and the residents have been enjoying that very much.

Volunteers are allowed back in now and thankfully the hairdresser the beauty therapist have also started visiting again. Our Art therapist Alan is starting up again too and we are looking forward to seeing the progress on our Flamingo which he has kindly kept working on for us.

Some of our ladies got together and made top hats for *Men's Health Week*. Residents have enjoyed regular exercise and walks with Wendy and Jen.

Anne Wicks, Nursing Home Social Programs



Comments and complaints Feedback: If you have any feedback positive or negative, please don't hesitate to let us know. St Louis Aged Care, 21 Foster Street, Parkside SA 5063.
Thank you

Introducing Steve



Steve has joined us to look after general maintenance at the Nursing Home, and St Louis on Blyth Units. Steve has come to us with a wealth of experience

and a keen eye for detail so please say hello if you see him around and about!

If you become aware of any maintenance issues that need our attention, please see the RN on duty to ensure that appropriate action is taken.

Education

March 2020:

Dementia Training for all care staff through Centre for Dementia Learning.

Medehealth modules: Into to Consumer Directed Care; Sleep; Falls Prevention; Person Centered Care; Chemical Safety and Handling; Workplace Bullying; Workplace Diversity; Workplace Health and Safety; Infection Prevention and Control; Coronavirus, Influenza and Respiratory Infection Preparedness 2020; Notifiable Data Breach.

Additional on-line training for all staff covering Cororavirus Infection Control; Handwashing; PPE use;

Zoom session attended by Ali (Nursing) – Dementia training.

WHS training – Steve (Maintenance)

Nursing Home Call Bells and Waiting Times

February 2020: 13,681 call bells;
Average waiting time: 3 minutes

March 2020: 14,323 call bells;
Average waiting time: 3 minutes

April 2020: 14,455 call bells;
Average waiting time: 3 minutes

May 2020: 14,716 call bells;
Average waiting time: 3 minutes

June 2020: 12,988 call bells;
Average waiting time: 4 minutes

St Louis Nursing Home

21 Foster Street, Parkside SA 5063 (08) 8272 3344

St Louis On Blyth - Retirement Units Parkside

34-36 Blyth Street, Parkside SA 5063 (08) 8272 3344

www.stlouisagedcare.com.au



Celebrating diversity

AGED RIGHTS ADVOCACY SERVICE (Inc)

(08) 8232 5377 email: aras@agedrights.asn.au

AGED CARE QUALITY AND SAFETY COMMISSION

1800 951 822 www.agedcarequality.gov.au